

## Worth County

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### Community Health Needs Assessment Snapshot

#### Promote Healthy Behaviors

##### Problems/Needs:

- 1. Youth are engaging in risky behaviors. According to the 1999-2008 IYS results, 11th graders showed an increase in tobacco use from 30.3% in 2005 to 31% in 2008. The school district also showed an increase in alcohol use from 11.3% in 2005 to 21.6% in 2008. Substance use risk awareness declined from 94.3% in 2005 to 91.2% in 2008. Violent / aggressive behavior avoidance also declined from 91.3% in 2005 to 86% in 2008.
- 2. People spend a great deal of time at work, in front of the television, or on the computer. Inactivity leads to obesity. Physical activity has many physical and emotional benefits. Physical inactivity and obesity are risk factors for cardiovascular disease, diabetes, and other health problems. According to Worth County Community Health Status Report for 2009, 25.1% of Worth County residents are getting no exercise and 23.7% are obese. Iowa BRFSS shows Iowa's level at 24.2% with the National target being 20%. Healthy People 2010 target for obesity is 15% with Iowa being at 29.7%. The 2010 County Health Rankings shows Worth County at 29% adult obesity with Iowa's target at 26%. Worth County scored unfavorably compared to our peers for coronary heart disease, stroke, and mortality.
- 3. Worth County Health rankings snapshot 2010 shows poor or fair health at 14%. Iowa's rate is 12% with a target of 8%. Worth County is very rural with 1 physician's office and no hospital. Those with chronic diseases need assistance to stay in their home as long as possible. They need education on living with their disease, teaching, nursing, assist with bathing and light housekeeping. There are limited and declining funds to provide assistance to those needing it.

#### Prevent Injuries

##### Problems/Needs:

- In a survey to Worth County residence, they listed that texting or using a cell phone while driving was the top risky behavior in our county. There needs to be more education about the dangers of doing this activity.

#### Protect Against Environmental Hazards

##### Problems/Needs:

- Illegal septic systems exist in our county. They are forced to fix their septic systems at time of transfer or if a complaint is received. There is no funding for this except some low interest loans they can apply for.

## **Prevent Epidemics and the Spread of Disease**

Problems/Needs:

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## **Prepare for, Respond to, and Recover from Public Health Emergencies**

Problems/Needs:

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## **Strengthen the Public Health Infrastructure**

Problems/Needs:

- Our rural county has 1 doctor's office and does not have a hospital. Access to health care and transportation to appointments are issues for citizens of Worth County.

## Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Reduce the use of tobacco in 11th graders from 30% to 27%. Reduce the use of alcohol in the school district from 21.6% to 19%. Increase substance use awareness from 91.2 to 93%. Increase violent / aggressive behavior avoidance from 86% to 89%.	Educate the youth on risky behaviors as long as funding is available.	Worth County Public Health	2016
	Continue the mentoring program for good role modeling and positive youth development as long as funding is available.	Worth County Public Health	2016

Goal	Strategies	Who is responsible?	When? (Timeline)
Decrease those who are getting no physical activity from 25.1% to 22%. Decrease obesity from 23.7% to 21%. Decrease those with fair to poor health from 14% to 12%.	Develop and implement exercise programs that will make it more convenient to get physical activity.	Worth County Public Health	2016
	Develop a social media outlet to get information to the public on the benefits of exercise and nutrition on their health.	Worth County Public Health	2016

Goal	Strategies	Who is responsible?	When? (Timeline)
People with chronic diseases will maintain a healthy lifestyle at their optimal level	Educate those with chronic diseases on how to live optimally with their disease.	Worth County Public Health	2016
	Provide assistance to those with chronic disease to live in their homes safely as long as possible.	Worth County Public Health	2016